



TMI JOURNEYS

A Newsletter of The Monroe Institute®

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It's Not Mid-Century Consciousness Anymore

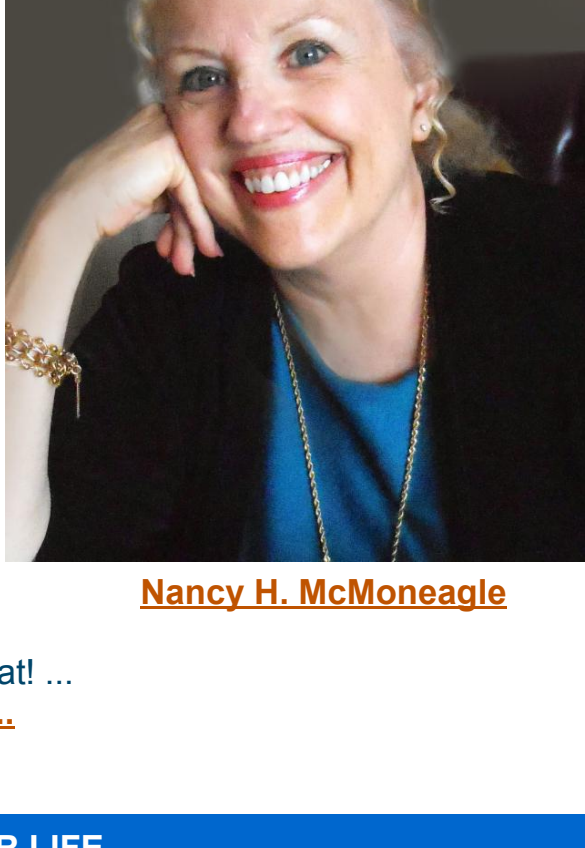
WHAT EXACTLY IS CONSCIOUSNESS?

From the Director's Chair

Hello, Everyone!

As children we dream of what life may be like decades into the future. How will I look? Who will I marry? What will I do? I don't know about you, but my seven-year-old self never imagined *this* future--being mentored in out-of-body travels by her step father and then marrying a remote viewer; guiding a family business dedicated to providing tools and technologies to expand the uses and understanding of human consciousness; being in a privileged position to participate in the global shift we are experiencing at many levels.

Yet, here I am. Here are we all, exploring consciousness and finding that we are so much more than our physical bodies. But what precisely is "consciousness?" According to the dictionary, consciousness is, "the upper level of mental life of which the person is aware as contrasted with unconscious processes, also the quality or state of being aware." Hmmm. There must be more to it than that! ...
[Read more ...](#)



Nancy H. McMoneagle

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TRANSFORM YOUR LIFE



Go Ultra Deep with "Starlines"

Sign on for the adventure of a lifetime!

Using ultra deep Focus levels as the launch pad, Starlines I explores the mystery and magic of energy systems throughout the Milky Way galaxy and beyond. Highly expanded states of awareness--of knowing and being--are introduced.

[Get on board now for the Feb 28 - Mar 6 launch!](#)



Explore Multiple Lives in "Timeline"

Our popular Timeline program just got a NEW upgrade!

Timeline now includes an individual lab session using the L.I.F.E. Quantum Biofeedback System. Visit another lifetime--heal a conflict from then--while L.I.F.E. sends balancing frequencies.

The next program is June 6-12. [Sign up now](#) to save your spot!



Winter Programs Are Fun!

But they don't typically look like this!

The [Gateway Voyage®](#), [Lifeline](#) and [Remote Viewing](#) programs scheduled in March are the last classes with seasonal pricing until next winter. Enroll now to get your discount!

If a seasonally priced program is cancelled due to weather, 100% of your program fee is returned.

OBE AS A POWER TOOL

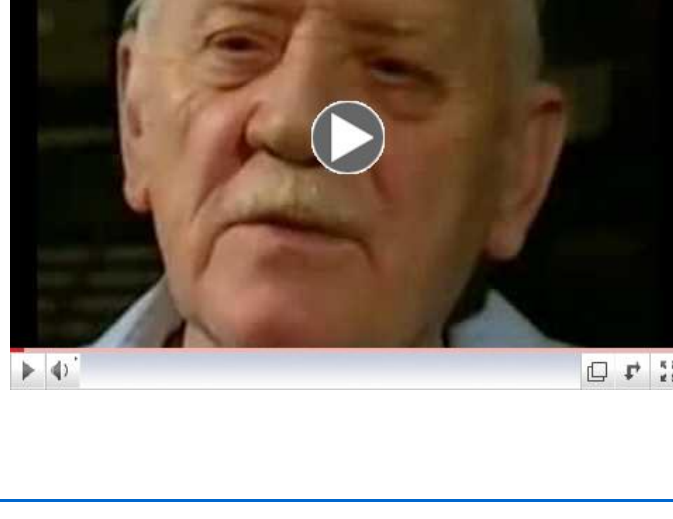
Monroe's Search for the "Missing Basic"

A Powerful Talk by Bob Monroe
His Goal as a Graduate Human

Bob Monroe speaks about the evolution of his out-of-body travels, the friends he made, challenges he encountered, and his new goal.

#7 *Monroe's Out-of-Body (OBE) Paranormal Transformation of Human Consciousness*

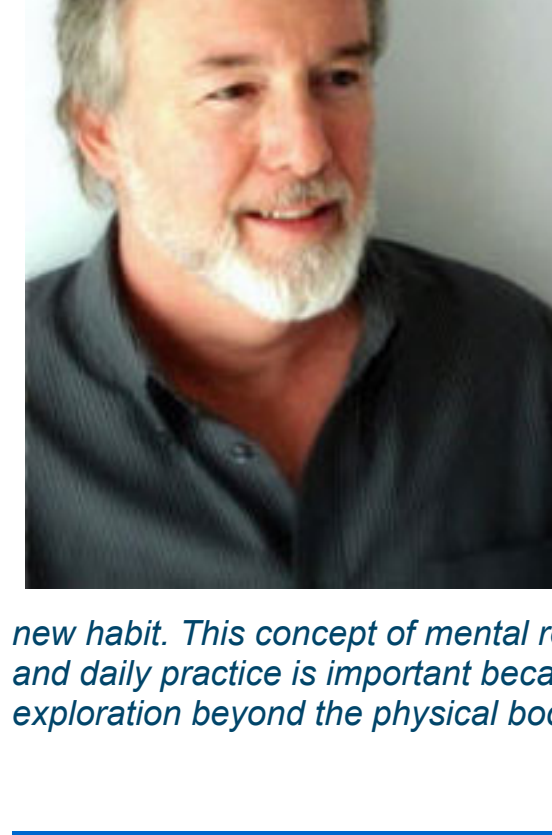
[Also--Visit our YouTube channel!](#)



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William Buhlman's OBE Action Plan for the Next Year

William Buhlman is a consciousness leader and expert on out-of-body experiences. The author's forty years of extensive personal out-of-body explorations give him a unique and thought provoking insight into this subject.



William is the author of [Adventures Beyond the Body](#), [Secret of the Soul](#), and [Adventures in the Afterlife](#). He conducts a highly popular in-depth six-day workshop titled, [Out-of-Body Exploration Intensive](#) at The Monroe Institute. He presented the [Keynote address at the 2014 Professional Seminar](#), and will speak at this year's seminar on "OBEs as a Spiritual Practice."

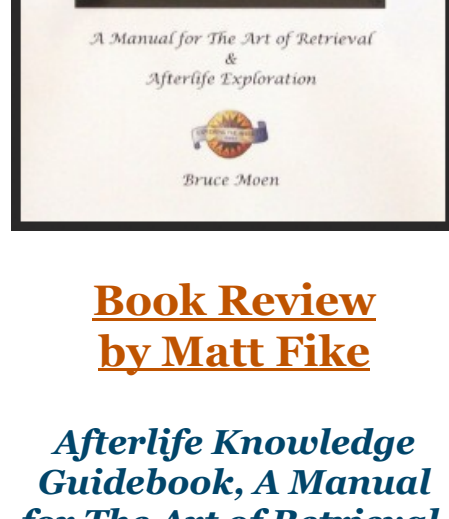
Over the past two decades William has developed an effective system to experience safe, self-initiated out-of-body adventures. As a certified hypnotherapist, through lectures, workshops, and his books, the author teaches the preparation and techniques of astral projection and spiritual exploration.

William Buhlman's OBE Action Plan for the New Year -

The key to initiating OBEs is creating a realistic plan of action and then following through. There is an old saying that it takes twenty-one days of daily repetition to create a new habit. This concept of mental reprogramming is especially true with OBEs. Our preparation and daily practice is important because it conditions our mind to accept our unlimited potential for exploration beyond the physical body. ...

[Read on ...](#)

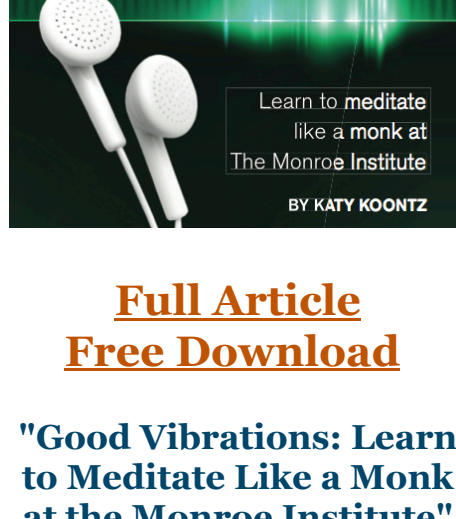
UPLIFTING READING



Book Review by Matt Fike

Afterlife Knowledge Guidebook, A Manual for The Art of Retrieval & Afterlife Exploration

By Bruce Moen



Full Article Free Download

"Good Vibrations: Learn to Meditate Like a Monk at the Monroe Institute"

By Katy Koontz

Unity Magazine



Out of the Closet

"There's a New Mainstream Out There--and You're Probably Part of It"

By Dianne Collins

Huffington Post

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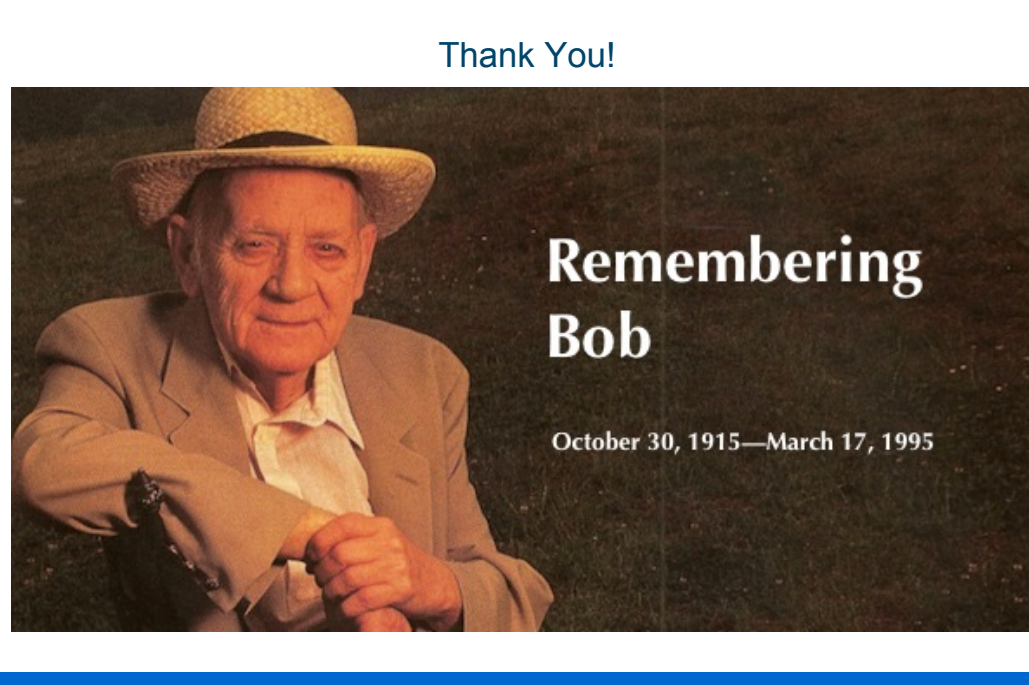
2015: CENTENNIAL YEAR

How Has Robert A. Monroe Changed Your Life?

2015 marks the 100th anniversary of Bob's birth and the 20th anniversary of his passing. TMI is compiling stories, accounts, testimonials--whatever you want to contribute--to commemorate this unique time.

Send your story via email, letter, video, or audio recording to newsletter@monroeinstitute.org. No texts or phone calls, please. Anything you send may be posted on the Internet. We accept anonymous accounts if you're more comfortable flying under the radar. Once we know how much material there is we will decide how to compile it--and will be sure to tell you.

Thank You!



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FRONTIER SCIENCE

"Consciousness Creates Reality"

Physicists Admit the Universe Is Immaterial, Mental & Spiritual

[An article by Arjun Walia on CollectiveEvolution.com](#)

Speaking of centennials, it has been almost one hundred years since the Copenhagen Interpretation of quantum mechanics made a big dent in the Newtonian physics world view. As we continue to integrate the implications of that vast cultural shift, mainstream physics is paying more attention.

"Modern day science, especially quantum physics, has been catching up to ancient mysticism and concepts that are/were so deeply ingrained in various cultures throughout the ancient world. One great example of this is the fact that everything is energy, and nothing is solid ..."



Physicists are being forced to admit that the universe is a "mental" construction. Pioneering physicist Sir James Jeans wrote: "The stream of knowledge is heading toward a non-mechanical reality; the universe begins to look more like a great thought than like a great machine. Mind no longer appears to be an accidental intruder into the realm of matter, we ought rather hail it as the creator and governor of the realm of matter. Get over it, and accept the inarguable conclusion. The universe is immaterial--mental and spiritual."

- R.C. Henry, Professor of Physics and Astronomy at Johns Hopkins University, "The Mental Universe"; Nature 436:29,2005)

[Read on ...](#)

NEWSLETTER NAMED

We Have a Winner!

Last, but by no means least, our newsletter now has a name:
- *Journeys* -



"Journeys" is, of course, the perfect title, begging the question, "Why didn't we think of that?" But synchronistically and delightfully, "Journeys" was submitted by Robert E. Monroe, author and nephew of Robert A. Monroe. Congratulations and deep thanks to you, Robert!

In the video, Robert poignantly shares impressions and moments from his boyhood years with Bob. Filmed during the 2013 Professional Seminar at TMI.

ABOUT US

The Monroe Institute® is a nonprofit 501(c)(3) educational and research organization dedicated to the exploration of human consciousness, and is internationally known for its work with audio sound patterns that can have dramatic effects on states of consciousness.

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